



12/06/23, 03/07/23 then 04/09/23, 25/09/23, 16/10/23



| WEEK 2                 | GREEN MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY                                     | FRIDAY  |
|------------------------|--|---|--|--|---|
| Main Meal              | Green Cuisine Meatballs and Spaghetti in Homemade Tomato Sauce | Homemade Ham and Pineapple Pizza Served with Wedges | Roast Chicken served with Mashed Potatoes and Rich Gravy | Minced Beef Lasagne Served with Garlic Bread | Gluten Free Fish Served with Chips and a slice of Lemon |
| Vegetarian Main Course | Cheese Whirl served with New Potatoes                          | Vegetable Spaghetti Bolognese with Garlic Bread     | Quorn Fillet served with Mashed Potatoes and Gravy       | Vegetable Curry Served with 50/50 Rice       | Lightly Spiced Burger Served with Salad and chips       |
| Vegetables             | Carrot rings & Peas  | Sweetcorn & Carrot batons                           | Broccoli & White cabbage                                 | Green beans & Sweetcorn                      | Garden Peas & Beans                                     |
| Dessert                | Marble Sponge and Custard OR Fruit pot                         | Peaches and Cream OR Fruit Kebabs                   | Fruity Flapjack OR Fruit Boat                            | Apple Crumble and Custard OR Fruit Pots      | Fruit Jelly and Ice Cream OR Fruit Boat                 |
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|                        |  |   |  |  |   |

Fresh Baked Jacket Potato with Choice of fillings Cheese, Tuna, Beans available daily

Selection of freshly made sandwiches on a choice of breads available daily

Fresh Bread, Cheese & Crackers, Salad Selection, Fresh Fruit and Yoghurts available daily



19/06/23, 10/07/23 then 11/09/23, 02/10/23, 23/10/23



| WEEK 3                 | GREEN MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY                                  | FRIDAY                              |
|------------------------|--|---|--|---|-------------------------------------|
| Main Meal              | Meatless Meatballs with Spaghetti in a Tomato Sauce        | Sausage and Creamy Mash with Gravy                    | Roast Turkey, Roasted Baby Potatoes served with Rich Gravy | Homemade Chicken Curry with Basmati Rice  | Fish Fingers served with Chips      |
| Vegetarian Main Course | Homemade Cheese and Tomato Pizza served with Potato Wedges | Tomato and Basil Penne Pasta served with Garlic Bread | Macaroni Cheese  | Vegetable Chilli served with Basmati Rice | Vegetable Fingers served with Chips |
| Vegetables             | Peas & Sweetcorn   | Savoy Cabbage & Mashed Swede                          | Broccoli & Baton Carrots                                   | Sweetcorn & Cauliflower                   | Garden Peas & Baked Beans           |
| Dessert                | Chocolate Muffins<br>Or<br>Fruit pot                       | Jelly<br>Or<br>Fruit Kebab                            | Orange Shortcake Biscuit<br>Or<br>Fruit Boat               | Lemon Drizzle Cake<br>Or<br>Fruit Pot     | Cherry Flapjack<br>Or<br>Fruit Boat |
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Fresh Baked Jacket Potato with Choice of fillings  
Cheese, Tuna, Beans  
available daily

Selection of freshly made sandwiches on a choice of breads  
available daily

Fresh Bread, Cheese & Crackers,  
Salad Selection, Fresh Fruit and  
Yoghurts available daily

